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Bangalore Mirror ON SUNDAY

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CLEAR THE JAM

Traffic authorities seek sharing of real-time data from tech parks, companies to ease ORR traffic

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FAREWELL ANGELS

Support group offers safe, understanding space for pet parents to process excruciating pain of loss of their best friends

PAGE 5

With 370 MW power plant all set to launch at Yelahanka, residents of the area have been keeping a watch on the decibel levels and they have had enough of this...

SOUND AND LIGHT SHOW

Plant has been functional after trial two months ago

| Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

Frustrated over inaction from authorities, residents around Karnataka Power Corporation Ltd's (KPCL) plant in Yelahanka have taken matters into their own hands.

While the 370 MW power plant is set for launch on September 24, residents have decided to pull out their mobile phones to measure the decibel levels that have been giving them sleepless nights.

And while a sound level measuring equipment installed by the Karnataka State Pollution Control Board (KSPCB) in one of the homes next to the plant boundary has been recording the maximum sound level of nearly 69 dB, residents say the actual decibel count is well above 70 dB.

"Our measurement shows that the decibel count touches 75 dB even during night hours. There are 684 apartments in our layout, which is hardly 200 metres from the plant. The 11 cooling towers of the plant facing our apartment complex produce unbearable sound round-the-clock. This noise and light pollution affect the sleep cycles of residents. The worst affected are women, infants, adolescents, school children, senior citizens, respiratory allergy-prone groups, and socially and economically backward people living in the area," said a resident of the Heritage Estate apartment complex in Yelahanka.

> **"The 'industrial' zoning of the plant site is archaic and needs urgent review. Our lives are adversely affected due to the long-term threat of sustained harmful levels of noise and environmental pollution**
>
> — Resident of the area

The power plant has been functioning for the last couple of months after conducting a trial in March this year. Since then

CONTINUED ON PAGE 4 »

Namma Bengaluru's own 'Gates of Hell'

Veerasagara Lake area has turned dumping ground and is engulfed in toxic smoke as waste such as tyres, diapers, plastics, gets burnt here

| Sridhar.Vivan
@timesofindia.com

TWEETS @sridharVMIRROR

Residents near Veerasagara Lake in Bengaluru describe their daily lives as akin to living near the infamous 'Gates of Hell' in Turkmenistan. Once a pristine source of drinking water and a vital resource for agriculture, this lake has become a dumping ground for toxic waste, turning a once-bustling community into a nightmarish landscape, said Shreerang Kulkarni of Trivik Windwalk Association.

"Every day, we are engulfed in heavy, toxic smoke from burning tyres, diapers, plastics, and batteries. It's suffocating, and we can't even step outside without coughing. The alarming pollution around Veerasagara Lake has escalated to the point where many residents feel abandoned by authorities. It's as if nobody cares. We have reported this issue multiple times, but nothing changes. The smoke and the stench are unbearable, and our health is at risk," said Meera Kumar, a resident.

The lake, once celebrated for its clean waters and lush surroundings, has seen a drastic decline in quality. In the past, it was a key drinking water source and crucial for local agriculture. Today, however, it has

CONTINUED ON PAGE 10 »

2 THINGS TO DO

01 Indian classical dance

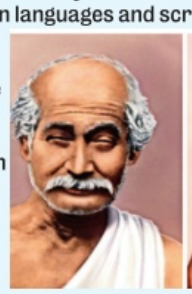
TWitness a captivating blend of dance traditions and artistic excellence at the 3rd Edition of 'Aum Panchamritam: An Amalgamation of Indian Classical Dance Forms.' This year's festival, themed "Guru Shishya Parampara," pays homage to the sacred tradition of the teacher-student relationship, a cornerstone of Indian classical art forms. It will show an amalgamation of classical dance styles performed by distinguished artists and their disciples, providing a unique opportunity for attendees to immerse themselves in India's rich cultural heritage. **Where: JSS Auditorium, Jayanagar; When: September 22, 4:30 pm**

02 Surface coating expo

Explore 'Surfacexpo 2024,' an inaugural event dedicated to surface treatment, coating technologies, and allied industries. This premier exhibition aims to bring together industry leaders, innovators, and professionals from across the nation to foster collaboration and promote cutting-edge advancements in the surface coating industry. Surfacexpo 2024 will feature over 100 exhibitors showcasing products and solutions from surface treatment chemicals, powder coating, painting, adhesives, oil separators, and more. **Where: Grand Castle, Gate 6, Palace Grounds; When: September 26 to 28, 10 am to 6 pm**

Behind 'Autobiography of Yogi'

Sri Sri Lahiri Mahasaya, born Shyama Charan Lahiri on September 30, 1828, was a divine yogi and householder. His early life was steeped in learning, with studies in languages and scriptures, alongside a disciplined family life. In 1851, he became an accountant for the British government. A turning point came in 1861 when he met Mahavatar Babaji, who revealed their past connection and initiated Mahasaya into Kriya Yoga, an ancient spiritual science. Despite experiencing deep samadhi for seven days, Mahasaya was instructed to live among society as a householder yogi, sharing Kriya Yoga with sincere seekers of all faiths. He inspired disciples with the mantra "Banat, banat, ban jai" and broke barriers by offering spiritual solace to many, regardless of caste. His life, immortalised in 'Autobiography of a Yogi,' continues to inspire millions.



Rising concern: Are young workers stressed to max?

Youngsters working in corporate fields experience high stress, anxiety, burnout; this could also be due to other daily routine issues, observe city-based psychologists

Iffath Fathima
iffath.fathima
@timesofindia.com
TWEETS @BangaloreMIRROR

Some of the young professionals working in corporate fields are experiencing significant levels of stress, anxiety, and burnout, as observed by city-based psychologists. Recently, the email of a woman alleging work stress to be the cause of the death of her daughter, who was working at a company in Pune, garnered widespread attention online.

Neha Cadabam, Senior Psychologist and Executive Director at Cadabams Hospital told BM that they regularly see young professionals, especially those in high-pressure corporate environments, experiencing significant stress, anxiety, burnout, and even depression.

She said that over the last few years, particularly post-pandemic, they have noticed a sharp increase of almost 30-40% in cases related to work stress, particularly among the younger workforce. "In recent years, such cases have become more frequent, particularly among IT professionals. Many individuals in their 20s and 30s face overwhelming workloads, long hours, and constant performance pressure, leading to serious mental health issues. These cases have escalated with the demands of a fast-paced work environment, which often leaves little room for self-care."

Citing an instance where a 28-year-old IT professional was experiencing severe anxiety, depression, and panic attacks due to an overwhelming workload, she said that the performance expectations at work began to affect his mental and physical well-being. He felt trapped in a cycle of constant work pressure, unable to disconnect even during weekends. Eventually, he started having panic attacks and struggled with overwhelming feelings of inadequacy. Over time, his symptoms worsened, leading to even suicidal thoughts. "We implemented a comprehensive treatment plan involving cognitive behavioural therapy (CBT) to help him manage his stress and anxiety, along with mindfulness-based stress reduction (MBSR) techniques. A combination of relaxation exercises and lifestyle modifications was also recommended," she added.

'Over the last few years, there's been a sharp increase in cases related to work stress, particularly among the youngsters.'

> **Presently, people have low resilience. They are so sensitive towards criticism & also lack emotional regulation skills** – Dr Shilpi Saraswat

Moreover, Dr Shilpi Saraswat, Clinical Psychologist at Sakra World Hospital Bengaluru, said, "The first diagnosis is always important for any mental health issue, so that the underlying condition can be treated well. We have many cases of complaints of work stress that lead to mental health issues. However, sometimes this could be the result of other daily routine issues related to mood and stress. Presently, people have low resilience. They are so sensitive towards criticism and also lack emotional regulation skills."

Meanwhile, in another case, a 28-year-old male who worked in the corporate industry had work-life stress, presenting symptoms of restlessness, worrying, overthinking, physical pain, fear of losing the job, and failure. He was further noted to be very sensitive towards criticism and was reportedly facing stress to even interact with his colleagues at the office. He was lacking emotional regulation and stress management, despite having good daily physical activity and healthy food. He was then treated with stress management relaxation therapy and CBT.

Measures working employees can take for balanced mental health

While on the job front, one must set realistic goals, prioritise tasks, and learn to delegate when necessary. Engaging in activities you enjoy and practicing self-care is essential. Also, exercise regularly, as physical activity has been shown to reduce stress and improve mood. Moreover, maintaining a healthy diet and getting enough sleep are essential for overall well-being. Finally, it is advised to seed support by talking to family, friends, or a mental health professional if you're struggling.

Universities can now conduct exams for SWAYAM courses

The University Grants Commission (UGC) has introduced a new framework, allowing universities to conduct exams for courses offered through the SWAYAM (Study Webs of Active Learning for Young Aspiring Minds) platform. This move is part of UGC's ongoing push to make academic credit accumulation more flexible and accessible through online learning.

Previously, end-term proctored exams for SWAYAM courses were organised by the National Testing Agency (NTA) and the National Programme on Technology Enhanced Learning (NPTEL). With the new system in place, students can now take their exams directly at their universities after completing SWAYAM courses, as per the latest UGC guidelines.

"The framework gives students more options and simplifies the process. Now, they can register for SWAYAM courses through their universities, complete all course-related work, and sit for the exams administered by their university," said UGC Chairman M Jagadesh Kumar in a statement. This will be available alongside the current exam options provided by NTA and NPTEL. The academic credits earned from these courses will be transferable to the students' official transcripts. It has encouraged all higher education institutions (HEIs) to adopt SWAYAM courses and use this new exam structure to promote greater flexibility for learners.

The new framework also includes provisions for re-examinations, enabling students who missed or failed their first attempt to retake the exams in future semesters. This added flexibility is expected to increase student enrollment in SWAYAM courses and boost participation among universities in the UGC Credit Framework for Online Learning.

> **This added flexibility is expected to increase student enrollment in SWAYAM courses**

The decision to implement these changes followed multiple state-level awareness programmes and online consultations with HEIs over the past year. To support universities in adopting the new framework, the UGC has issued two supplementary documents: Steps for Adopting SWAYAM MOOC Courses and the University Dashboard User Guide. Universities are also required to designate a Nodal Officer to oversee registration, exam coordination, and the credit transfer process for these courses. **— BMB**

Firms urged to share data to ease ORR traffic woes

Traffic authorities seek diligent sharing of real-time data from tech parks, companies; AI solution in progress to get better idea of traffic situation

Atiya Firdos
c-syeda.atiya@timesgroup.com
TWEETS @BangaloreMirror

The Deputy Commissioner of Police (DCP) Traffic East called a meeting on Thursday to address the inconsistent data sharing by companies along the Outer Ring Road (ORR) and plan better for future traffic trends. Some tech companies have failed to provide crucial vehicle footfall information over the past eight months. This data is essential for predicting and managing the heavy traffic congestion that plagues the ORR, especially in the tech park areas.

Aimed at improving traffic management efficiency and ensuring better collaboration between the traffic police and IT companies for a smoother transport system in the region, representatives from various IT companies and tech park heads held a review of the existing vehicle counting mechanisms and discussed the implementation of an automatic vehicle count system. The agenda included urging companies to provide timely data on vehicle footfall after 1 pm, as this information is crucial for predicting evening traffic patterns and implementing strategies like staggered departure timings or early stoppage of heavy transport vehicles (HTVs) to mitigate congestion.

DCP (Traffic East) Kuldeep Kumar Jain told BM that there is significant traffic congestion along the ORR stretch from KR Puram to Silk Board, and over the past year, they have developed several mechanisms to disseminate information effectively. "To make informed decisions, we need comprehensive data, particularly on traffic patterns. About eight months ago, we asked tech companies to provide real-time data on the footfall of vehicles in their tech parks or IT firms after 1 pm. If these companies consistently supply this data, it allows us to correlate with other information, helping us predict how traffic will unfold in the evening," he said.

Traffic at Outer Ring Road in Bengaluru (file photo)

> **If companies consistently supply data, it allows us to correlate with other info, helping us predict how traffic will unfold in evening**
> –Kuldeep Kumar Jain, DCP Traffic East

He further said that they use prediction models and study historical data along with new inputs to determine the capacity and to make informed decisions. "This might include stopping HTVs earlier or advising IT companies to stagger their departure times so we can manage the road situation better," he said. He also encouraged the Bangalore Metropolitan Transport Corporation (BMTC) to provide more feeder buses from Metro stations to tech parks, which will be motivating the public to use public transport to ease traffic.

AI-powered traffic management solution in progress

At the meeting, "FlowSense," an AI-powered traffic management solution developed by CivicBridge, was demonstrated. This product is designed to meet the needs of the Bengaluru Traffic Police (BTP) and was showcased to all stakeholders. It automatically tracks and updates the number of vehicles entering and leaving tech parks every minute, providing real-time data to the BTP dashboard. Previously, this process was done manually, which made it difficult to get accurate numbers.

CivicBridge is also collaborating with BMTC to support public transportation for the IT corridor. "A demo of FlowSense was presented to all the tech parks during the meeting. If the tech parks give their approval, we can implement this solution, which will greatly help in managing traffic more efficiently," said a CivicBridge team member.

Special team to probe Munirathna case

The Karnataka government has formed a special investigation team (SIT) under the criminal investigation department (CID) to investigate multiple criminal cases registered against MLA Munirathna and others. Munirathna is charged under two cases filed at Vyalikaval Police Station in Bengaluru and one case at Kaggalipura Police Station in Ramnagar District, invoving charges of caste abuse, bribery, rape, assault, and severe offences under the Scheduled Castes and Tribes (Prevention of Atrocities) Act and the IT Act-2000.

Meanwhile, a special court on Saturday remanded Munirathna to judicial custody for 14 days till October 5. Judge Shivakumar of the special MP/MLA court delivered the order in the case. Munirathna pleaded that the court allow him to make submissions for a few minutes. When allowed, he stated that the complaints were lodged by his supporters, who were with him for five years. "I have been elected as a MLA four times. Every day, I am harassed for the position of MLA. Instead of getting harassed for this reason, I will submit my resignation immediately. I am a person who is in public life, and without reason, they are indulging in my character assassination," Munirathna claimed. **–BMB**

Rider nabbed for reckless stunt

A rider was arrested on Saturday for reckless driving near Reddy Junction, East End Main Road. The rider, identified as a 34-year-old resident of Tilaknagar, was caught performing a dangerous wheelie at high speed, endangering public safety and disrupting the smooth flow of traffic. This incident sparked a conversation on social media as well. The rider, along with the vehicle, was apprehended and taken to the Mico Layout Traffic Police Station for further investigation. A case was registered citing violations of the Indian Motor Vehicles (IMV) Act. **–BMB**

Woman's dismembered body found from her home

Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMirror

In a horrifying incident, a 29-year-old woman was found murdered and dismembered in her rented house in the Muneshwara Block of Vyalikaval. The victim, identified as Mahalakshmi, had been living in the house for six months and working in a mall. The neighbours noticed a foul odour coming from her apartment. The body was discovered by family members who had a spare key to her room after they were unable to contact her.

The police suspect the involvement of a young man who had been frequently picking and dropping her to and off from work. It is believed that the murder occurred over 10 days ago. Upon investigation, police found the victim's body in a dismembered state inside a fridge. The Vyalikaval police officials are conducting a thorough investigation. Further details are awaited as the investigation unfolds.

CRIME FILES

Mahalakshmi, who was married and had a four-year daughter, was living alone in Bengaluru while her husband, Hemant Das, working at a mobile accessory shop, resided in Nelamangala due to ongoing marital disputes.

Love triangle case: 24-year-old man killed in Sanjaynagar

A 24-year-old man was murdered by his roommate in a fit of rage at Sanjaynagar. The incident took place in a rented house where the two men, Varun and Divesh, both originally from Udupi, had been living together for the past year. Sana, also 24, is a mutual friend of the two, and the trio frequently spent time together. Divesh, who worked for Zomato, had been in a relationship with Sana, while Varun, employed as a safety manager, allegedly developed romantic feelings for her over time.

Tensions between the two men escalated due to Varun's growing affection for Sana. According to reports, Sana had been friendly with both men, which further fuelled Varun's feelings and Divesh's jealousy. The three of them gathered for a late-night party in their room, where the situation worsened. After a heated argument, Divesh attacked Varun with hollow bricks in a moment of anger, leading to his death.

The Sanjaynagar police arrested Divesh at the scene. During interrogation, he claimed that Varun had been attempting to win Sana's affections through black magic and had been spending time with her at parks and cinemas. Divesh confessed that the argument that morning caused him to lose control, resulting in the murder. A case has been registered at Sanjaynagar police station, and police officials are investigating the case.

Track & treat: BBMP kicks off microchipping of strays

Pilot project launches in Mathikere and Malleswaram to enhance monitoring and management of local dogs; this initiative stores vital information, such as location and vaccination details

| Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

The Bruhat Bengaluru Mahanagara Palike has begun a pilot project to microchip stray dogs in the Mathikere and Malleswaram areas of the western zone. Vikas Kishore Suralkar, Special Commissioner for Health and Animal Husbandry said, "The microchipping process is being introduced for stray dogs in these areas, allowing for permanent storage of vital information, such as the dog's location, vaccination dates, and details of sterilisation surgeries. This technology aims to help with better tracking and management of stray dogs. Several municipalities have already adopted microchip technology for stray animals, and now BBMP, in collaboration with another company, is implementing the system on a trial basis."

Microchip technology will help track vaccinated dogs, reducing the need for repeat vaccinations

Rice-grain-sized microchip

The microchip, about the size of a grain of rice, serves as a permanent identification method for animals. It is implanted under the animal's skin via injection, posing no side effects. The chip remains active for the animal's lifetime and carries a unique identification number recognised globally.

Potential expansion

"If the pilot proves successful, the BBMP plans to roll out the microchip program across all zones in the city. The corporation is also aiming to organise comprehensive vaccination drives for stray dogs. With the microchip technology, it will be easier to track which dogs have already been vaccinated, preventing the need for repeat vaccinations. At present, stray dogs in BBMP's jurisdiction are marked with paint after vaccination, but this method is effective for only about a week. As a result, there is a risk of dogs being vaccinated multiple times. The introduction of microchips will eliminate this issue, enabling accurate tracking of vaccination status. This microchipping initiative will provide precise information about the stray dog population and prevent unnecessary repeat vaccinations, ultimately improving the efficiency of BBMP's stray dog management efforts," Kishore added.

"This initiative will provide precise information about stray dog population & prevent unnecessary repeat vaccinations
– Vikas KS, official

BM reported on Feb 29 that the BBMP plans to microchip 1.84 lakh strays, providing a 15 -year warranty

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Tree debris

Sanjay Nagar

Two weeks ago, a tree fell during heavy rain at BSR Elysium on 5th Cross, AECS Layout, Geddalahalli, Sanjay Nagar. While BBMP has cut the tree, the debris remains uncleared.

Pedestrian risk

Malleswaram

Bolts protruding along 15th Cross, Malleswaram, near MES College, are creating a safety hazard. It is essential that the service provider properly covers these bolts to ensure pedestrian safety.

Plant is in industrial zone: Officials

CONTINUED FROM PAGE 1

the noise pollution has been over acceptable limits as per specifications by the Central Pollution Control Board (CPCB), allege residents.

CPCB has set permissible sound limits of 55dB for the day and 45 dB during the night in residential areas.

In industrial zone

However, KPCL officials say, there is no change in the baseline value of ambient noise level. Officials underline that the plant site is in an industrial zone, for which CPCB's permissible sound limit is 75 dB. Moreover, KPCL is working on the installation of acoustic measures to further reduce sound levels from its 11 cooling towers.

"While the permissible sound limit for this zone is 75 dB, the ambient noise monitoring station installed by KSPCB has been recording a decibel count of 62 dB. Three noise monitoring stations are installed in the periphery of the plant, facing the residential area. The locations of these stations were finalised by CPCB officials and real-time noise data is relayed to both CPCB and KSPCB servers. These numbers are being monitored every five minutes. The data is also being displayed in the public domain.

Having said that, KPCL is working on reducing decibel counts from cooling towers further," said Pulikeshi C, Executive Engineer, KPCL. Residents also allege that at the time the KSPCB deployed a vehicle in the area with a noise monitoring system a couple of weeks ago, the plant was not functional.

Steam from the plant harmless: KPCL

The usage of treated water for steam generation and cooling tower operations is also a cause of concern for many. "We are worried about potential microbial or bacterial content in evaporation losses and the level of NOx/SOx emissions. The plant generates a lot of steam leading to a perceptible increase in ambient humidity, heat, and airflow drafts. KPCL has obtained all environmental clearances and permissions from the relevant statutory authorities for the aforesaid power plant. This has however been done without any public hearing or consultation with the residential communities in the areas," said another resident.

They say their health is already being impacted by harmful smoke from the Combined Cycle Power Plant. According to Srinivasan, Chief Engineer, KPCL, the plant has a Continuous Ambient Air Quality Monitoring System (CAAQMS) installed by KSPCB, and the readings show that the baseline ambient air quality has not changed. Moreover, the water being used in cooling towers is fully treated and there is no health concern, he said.

"Ambient air quality is being monitored and readings are being sent to KSPCB and CPCB servers too. As per the report, all parameters are within the prescribed limits and the plant has no impact on baseline data. Our CO2, CO, and SOX emissions are zero. The total NOX being released is less than 25 ppm, which is much lower than the amount released by vehicular emission. Steam arising from cooling towers is of no concern," said Srinivasan.

Industrial or residential?

Historically the plant site has been an industrial zone. However, locals underline that with the growth of urban Yelahanka, the plant has now become an island surrounded by residential areas such as Yelahanka Old Town, Kenchenahalli, along with residential apartment complexes like Heritage, Duo Marvel, Prestige Monte Carlo, etc.

"The 'industrial' zoning of the plant site is archaic and needs urgent review. Our lives are adversely affected due to the long-term threat of sustained harmful levels of noise and environmental pollution. The camouflage of an industrial zone has allowed KPTCL to disguise the Environmental Clearance process by gaining Category B status to avoid public hearing/consultation," said another resident.

KPCL plant has two water bodies - Puttenahalli Lake, which is a notified wildlife conservation area, and Yelahanka Lake - within 500 to 750 metres of the plant site.

These water bodies house many species of migratory birds, flora, and other fauna that might be threatened by the noise and heat from the plant. Residents allege that these facts were concealed during the environmental evaluation review for the plant EC.

Power plant to be commissioned on Tuesday

The state's first gas-based power plant, the Yelahanka Combined Cycle Power Plant (CCPP) will be commissioned on September 24. At a progress review meeting chaired by Energy Minister KJ George on Thursday, it was decided that Chief Minister Siddaramaiah would inaugurate the plant and Deputy Chief Minister DK Shivakumar, SR Vishwanath Yelahanka Constituency MLA, and other guests would attend. Established by KPCL, the plant will generate 236.825 MW through a gas turbine generator and 133.225 MW through a steam turbine generator, totalling 370.05 MW. The combined cycle pilot production process has already been completed. Energy Minister KJ George emphasised the project's significance: "This is an important project for our government and KPCL. It is a matter of pride that a government organisation produces gas-based electricity for the first time in the state."

THE SUNDAY READ

Tears in heaven

Support group offers space for pet parents to process excruciating pain of loss

| Garima Prasher
garima.prasher@timesofindia.com
TWEETS @BangaloreMIRROR

On Saturday evening, in a small experience centre somewhere in HSR Layout, a group of five Bengalureans sat in a circle. A bit hesitant, the members nervously waited for their turn to speak, while some constantly kept fidgeting.

As they started to talk, they welled up, they smiled, they paused for a while, and spoke again.

This group of grieving pet parents attended Bengaluru's first-of-its-kind physical support group on Saturday. The session facilitated by a psychotherapist was the first in a series of bi-monthly sessions that grieving pet parents in the city can look forward to.

The initiative is by two Bengalureans, who are proud parents of many four-legged furry babies and have felt the pang of losing one of them in the recent past.

Manjari Chaitanya, a city-based animal welfare worker and one of the founders of the support group says, losing an animal companion can be one of the hardest experiences and can leave behind an unimaginable void.

Safe space to mourn

The physical support group will help such parents by offering a safe space to mourn and providing a platform to share their pain with like-minded people without being judged.

"Our furry companions become family members in no time. However, when they pass, the grief can feel overwhelming and isolating. This is where the pet grief support group can come into play. The support group will offer a safe space for grieving pet parents to share feelings and connect with others who understand. It will also help them explore the importance of grief counseling and learn coping mechanisms from other parents. The idea is to navigate the difficult journey of healing together," said Chaitanya, who lost Candy, her 18-year-old indie, two years ago.

Chaitanya adopted Candy immediately after her marriage.

"I was the best version of myself during those 18 years I had with Candy," she recalls.

However, after Candy passed away, she felt a pain unlike any she had experienced before.

"I could not get out of my bed for weeks and I wished to die too. I have a human child that was 8 years old then. Every time I saw my son, I was getting angry as I had lost my older child. It is going to be two years, but the pain has not subsided. However, I realised there is a lack of emotional support for people like me, which led to this idea of a physical support group for such grieving parents," added Chaitanya.

> **"The group will also help them explore the importance of grief counseling and learn coping mechanisms from other parents. The idea is to navigate the difficult journey of healing together**
>
> Manjari Chaitanya, one of the founders of the group

No accepted, this pain

Those going through this difficult time say the arduous part is that this grief is not socially acknowledged or accepted. These support groups, whether online or offline, help people deal with such disenfranchised pain.

"After my dog passed, I had no idea how to cope with the avalanche of feelings. Nothing prepared me for this and it was never-ending and gut-wrenching. My friends could not understand, although they tried to help. People going through this grief just need to know that somebody understands. While you never get over, such support groups will help you go on with life," said Priya Chetty-Rajagopal of CJ Memorial Trust, who also runs an online forum called Goodbye Tails for pet parents to mourn the loss of their perfect furry babies.

Experts say this is one part of mental health that is never discussed. After Sneha Paul Choudhury, a trained psychotherapist, adopted her dog, she met many grieving pet parents and heard stories of how they had not been able to overcome the pain.

While they describe it as akin to losing their child, a support system and understanding from people around them they say is missing.

Support system

"We realised that if we bring all these parents together, make them sit across each other and share their experience, they might end up helping each other through the grief. One parent can learn from another's experience and might be able to handle these emotions better," Choudhury, who has started the group with Chaitanya.

Rescuing rescuers

The group will also be open for rescuers who undergo difficult situations.

"Rescuers are underrated. We see that many of them who are working tirelessly daily, rescuing the animals, are burning out. More often than not, they end up paying a price for someone else's mistake. Sometimes they rescue an animal and have to instantly put them down; on other occasions, they spend a lot of time to allow them to pass with dignity. However, the pain they feel on losing these animals is traumatic and not validated by society," added Chaitanya.

Chaitanya is also the founder of South Bengaluru Care (an NGO) and Choudhury owns Oh My Dawg (a pet store).

mybangaloremirror@timesgroup.com
facebook.com/bangaloremirror
@BangaloreMirror

BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

MAGNIFICENT BEAUTY

A pair of spot-billed pelicans take a respite from fishing at the Ranganathithu Bird Sanctuary

The picture was clicked by reader **NJ Ravi Chander**

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Hoteliers urge Centre to reduce fuel prices

Citing significant drop in international crude oil rates, hoteliers' association highlights the need to reduce prices

| Sridhar Vivan
sridhar.vivan@timesofindia.com
TWEETS @sridharvMirror

The Bruhat Bengaluru Hoteliers' Association has called on the Central government to lower fuel prices, citing the significant drop in international crude oil rates. In a letter addressed to the government, the association pointed out that the current price of crude oil stands at $74.72 per barrel, which translates to approximately Rs 39 per litre. Despite this reduction, there has been no corresponding decrease in petrol and diesel prices in India.

The association highlighted that citizens are bearing the brunt of over 50% in taxes levied by both the central and state governments. Currently, petrol is priced at Rs 102.86 per litre and diesel at Rs 88.94 per litre in Bengaluru, imposing a heavy financial burden on businesses and the general public. "The high cost of fuel directly impacts transportation expenses, which in turn raises the prices of essential goods like milk, vegetables, and provisions," the letter stated. "This, coupled with the rising fuel costs, could further damage the already struggling tourism industry." The association has requested the government to reduce fuel prices and bring petrol and diesel under the Goods and Services Tax (GST) regime, suggesting this would provide relief to both businesses and consumers alike.

Currently, petrol is priced at Rs 102.86 per litre & diesel at Rs 88.94 per litre in B'luru

A hotelier said, "Reducing fuel prices is not just a matter of economic relief; it's a necessity for the well-being of businesses and the general public. When fuel prices soar, they create a ripple effect across the entire economy, driving up transportation costs, inflating the prices of essential goods, and placing a heavy burden on industries like tourism and hospitality that rely on affordable travel. For a common person, high fuel costs translate into higher costs for everyday items such as food and essentials, stretching household budgets even thinner. Moreover, businesses, especially small and medium enterprises, face increased operational expenses, making it harder to sustain profitability in a challenging economic climate. In this interconnected system, high fuel prices ultimately slow down growth, affect job creation, and widen the gap between the cost of living and wages."

Citizens are bearing brunt of over 50% in taxes levied by both the Centre and state

Another hotelier added, "To ensure long-term stability, fuel needs to be priced in a way that reflects the global crude oil market and does not disproportionately tax citizens. Bringing fuel under the GST would create a fairer, more transparent system. Lowering prices would ensure that businesses and consumers alike can thrive without the heavy burden of inflated fuel costs. It's a move toward economic balance and fairness that we desperately need."

DID YOU KNOW?

The Akku Yadav case is seen as a landmark in India's courtroom lynching history. The women of Kasturba Nagar, in northern India, came to the conclusion that their suffering was over in 2004. Akku Yadav (born Bharat Kalicharan) had harassed the three hundred households in their neighborhood for over ten years. Yadav belonged to a higher caste than the majority of his victims, who were Dalits. Yadav appeared before the Nagpur District Court on August 13, 2004. Two hundred local women filed into the courtroom when it became apparent that he would be acquitted once more. Yadav threatened to discipline every one of them. One woman, whom he had previously sexually assaulted, pulled off her sandal and started punching him while yelling, "We can't both live on this Earth together." The other women in the courtroom began to swell with rage at this moment. They overpowered the court officials and guards, sprayed Yadav's face with chili pepper, and used a kitchen knife to chop off his penis. He was stabbed at least seventy times.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

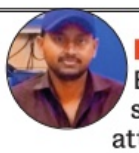
TAPTHECHATTER

where Bengalureans speak their mind

Can you describe a memorable moment that encapsulates the entrepreneurial spirit of Bengaluru?

Rajesh, BM Reader
Whatever I learned from Bengaluru was very impactful in my life. It gave me the idea of being independent, in terms of work and financial status, and hence I decided to open my own business and being self-employed.

Mohan, BM Reader
Bengaluru is full of opportunities and potential people. The city brims from the infectious entrepreneurial approach, from small tea shops to multi- national organisations. I am inspired to start my own business someday.



Rangayya, BM Reader
Experiencing the entrepreneurial spirit in action, be it through attending startup events, witnessing business innovations, or hearing success stories, encapsulates Bengaluru's dynamic and pioneering character.

Manju Nayak, BM Reader
Entrepreneurs are commonly known for their creativity, risk-taking, leadership skills. The city's cosmopolitan culture, agreeable climate, and young, enthusiastic populace provide the perfect breeding ground for businesses.

Manoj, BM Reader
The entrepreneurial spirit of Bengaluru is characterised by the will to succeed, and the dedication to the venture that is necessary to overcome the initial difficulties and demands while starting their own business.

Meghana, BM Reader
The city's startup ecosystem has been instrumental in creating jobs, driving economic growth, and putting Bengaluru on the global map as a hub for entrepreneurship and innovation. City has seen a stream of successful startups.

SPEAK TO US

How does Bengaluru celebrate its arts and culture scene?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at WhatsApp us on 9591233247 or mybangaloremirror@timesofindia.com

Administrative delays keep 16,355 land cases unresolved

Bangalore Mirror Bureau
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Despite the government's directive to resolve pending land dispute cases in revenue courts within 3 to 6 months, administrative challenges continue to hinder swift case disposal. In Bengaluru Urban District alone, 16,355 cases remain unresolved, causing public inconvenience. The land disputes, filed under the Karnataka Land Revenue Act, 1964, and other related laws, are pending in courts presided over by Deputy Commissioners, Assistant Commissioners, and Tahsildars. A significant backlog of 10,324 cases is at the Assistant Commissioner level.

Of the 16,355 unresolved cases, 8,937 have been pending for over three years, while 981 are nearing final hearings. The Revenue Department has acknowledged that delays in resolving cases under the Karnataka Land Revenue Act, 1964, are largely due to administrative reasons. The process involves issuing notices, gathering documents, and conducting hearings before delivering judgments. Cases under Section 136(2) of the Act, which are filed as appeals in the Assistant Commissioner's court, are particularly delayed. To expedite the process, the department has mandated regular hearings every Tuesday and Thursday for revenue-related quasi-judicial cases.

To clear the backlog in Assistant Commissioner courts, the state government has ordered the distribution of pending appeal cases among parallel teams, with a directive to resolve

State govt ordered parallel teams to resolve pending appeal cases

them within six months. Additionally, Deputy Tahsildars, who handle cases related to title transfers and disputes, have been instructed to expedite case resolutions within their respective jurisdictions.

Bengaluru Urban District Deputy Commissioner, Dayanand KA said, "When I assumed office, there were 6,000 pending cases in the Deputy Commissioner's court. Over the next year and a half, another 1,000 were added, bringing the total to 7,000. Of these, I have resolved 4,000, reducing the backlog to 3,000. However, around 9,000 cases are still pending in the Assistant Commissioner's court. They too have been instructed to speed up the process, though new cases continue to be filed at a rapid rate in Bengaluru. The Special Deputy Commissioner's court does not fall under my jurisdiction."

The pending cases in Bengaluru Urban's courts show a significant backlog. The Deputy Commissioner's court has 3,222 pending cases, 1,892 of which have been unresolved for a long period, and 53 are awaiting orders. The Special Deputy Commissioner- North's court has 1,950 pending cases, with 1,775 being long overdue and 285 still awaiting orders. In the Special Deputy Commissioner-South's court, 859 cases remain unresolved, with 730 being long-pending and 12 awaiting orders. The situation is particularly dire in the Assistant Commissioner-Bengaluru North's court, where 6,153 cases are pending, 3,309 of which have been delayed for an extended period, with 146 cases still awaiting orders. Similarly, the Assistant Commissioner - Bengaluru South's court has 4,171 pending cases, with 1,231 delayed and 430 awaiting orders. The Tahsildar courts also face delays, 136 cases are pending in Bengaluru North, 117 in Bengaluru South, 58 in Bengaluru East, 170 in Yelahanka, and 148 in Anekal, with various cases still awaiting final decisions.

1,346 landslides in Western Ghats in two decades

11 K'taka districts face environmental challenges from development in fragile areas

Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

In less than two decades, the 11 districts in the western Ghat region of Karnataka, namely Uttara Kannada, Chikkamagaluru, Kodagu, Dakshin Kannada, Shivamogga, Udupi, Hassan, Chamarajanagar, Mysore, Belagavi, and Chikkaballapura, have experienced 1,346 landslide events.

Uttara Kannada received the biggest share of 588 landslide events, followed by 214 in Chikkamagaluru, 199 in Kodagu, and 147 in Dakshina Kannada.

The landslide inventory data is from 2006 to 2023 and is published by the Karnataka State Natural Disaster Monitoring Centre.

Experts say with the state government rejecting the K Kasturirangan report, these events are expected to increase in the coming days.

"Increase in development activities in such fragile areas will only ensure a surge in these events over time. We have entered a vicious circle. Population growth is the main factor leading to an increase in development activities, which in turn leads to environmental disasters triggering such events. The K Kasturirangan report is a scientific document and should be implemented without questioning it. However, if the government is not willing to do so entirely, the report can be used as a reference to understand the limits. Developmental activities in these districts should be taken up cautiously," said Dr GS Srinivas Reddy, former director of Karnataka State Natural Disaster Monitoring Centre.

"High number of landslide events show that these are ecologically fragile areas. People in these regions face issues due to lack of conservation efforts –Dr TV Ramachandra, IISc

File photo depicting landslide

"The high number of landslide events shows that these are ecologically fragile areas. People in these regions are facing issues mainly due to a lack of conservation efforts. The government's rigid stand on the K Kasturirangan report will only lead to more landslides and other natural disasters, following the loss of forest landscape and biodiversity," said Dr TV Ramachandra, Center for Ecological Sciences, Indian Institute of Science (IISc).

Experts suggest that the state government should consider incentives based in these districts to promote conservation efforts instead of infrastructure facilities and other development activities.

"Rather than rejecting a scientifically backed report such as K Kasturirangan, the government should contemplate economic incentives to locals in these areas to promote conservation. Allowing limited extraction of resources from protected areas and providing direct payments for conservation have proven to be important incentives for local communities. Additionally, markets for environmental services should be promoted. Our political leaders are environmentally illiterate, which is hampering conservation efforts," said a city-based conservationist.

CSR initiative boosts govt college lab

Sandalwood actress Priyanka Upendra, ADGP S Murugan at the upgraded computer laboratory at the Government First Grade College

The computer lab of Government First Grade College, Cox Town, has been upgraded under a Corporate Social Responsibility (CSR) initiative. Sandalwood actress Priyanka Upendra and Additional Director General of Police S Murugan were guests of honour at the function to facilitate officers of the company involved.

Priyanka Upendra said, "The poor quality of education and amenities has been a cause of concern for parents to admit their children to the Government and BBMP schools and colleges. The need of the hour is for government institutes to compete with private schools and colleges in terms of proper infrastructure and amenities."

Professor Raghunath K, Principal, Government First Grade College, said the Hitachi Rail-STS had spent around Rs 30 lakh for the upgradation of the computer laboratory, chairs and tables and an RO unit.

Tech access, reforms key for MSMEs

The Karnataka Small Scale Industries Association (KASSIA) is advocating for improved access to affordable, modern technology for small and medium enterprises (SMEs). In a recent appeal to Union MSME Minister Shobha Karandlaje, KASSIA President MG Rajagopal emphasised the need for enhanced industry-academia collaboration in technology transfer and skill development, proposing public-private partnerships to facilitate technology exchange platforms.

KASSIA requested increased funding for cluster development programs, greater outreach initiatives, and a comprehensive MSME survey to assess the sector's needs. "Key proposals include solar power subsidies, automation support, an extended tax contribution period, and affordable industrial land for MSMEs. KASSIA further pressed for labour and social welfare reforms, including a unified wage policy, merging Employees' State Insurance and Provident Fund departments, and simplifying compliance. On banking, KASSIA called for lower interest rates, expanded credit guarantees. The association also emphasised the need for system upgrades and training for better use of government portals," Rajagopal said.

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I, B R Raghunath S/o Bilugumba Rangappa Raghunath R/a at No 303, 1st floor, 1st cross, Upkar Residency, South Block Ullal, Bangalore-560091 I have changed my name to Rahul Bilugumba Raghunath Vide Affidavit Dated on 12/09/2024 Sworn Before Notary onkarappa N R Bangalore.

I,NARESH Arya S/O Gopal Ram #43 G Floor Frazer Town Blr-05 have changed my name to Naresh Ram for all purposes

I, Kareemullah, R/at No.16/1, Jolly Masjid rd, Jolly Mohalla, Cotton Pet, Bangalore-53 have changed my minor daughter name from Mahin Fathima Kareemullah to Mahin Fathima, affidavit dt 19.09.2024 Notary R Basavaraja, B.lore.

I, Muddassir Khan, R/at No.1513, 14th Cross, Near Siddaganga School, Chandra Layout 1st stage, 1st phase, Bangalore-560072 have changed my name to Mudassir Khan, affidavit dt 19.09.2024 Notary R Basavaraja, B.lore.

I Kusum Ranjit Dhali R/a. PH2 Klassic Land Mark Apartment, Choodasandra, B'lore-35 have changed my name to Kusum Dhali for future purpose.

I, Abbas.S.Shah, No-15,Burhani Manzil, 4th floor, 17th cross,22nd Main,Jp nagar 5th phase B'luru-78 have changed my name to Abbas Hussain Shahwala for all purposes.

I, Anithakumari Devaram kumawath, R/at Flat No.1101, Nayandahalli, Panthrapalya, Metro Station, Bangalore-560 026 have changed my name to Anitha Kumari,vide affidavit dated: 21.09.2024, before notary V. Rajashekhara, Bangalore.

I, Farheen Taj, R/at No.1513, 14th Cross, Near Siddaganga School, Chandra Layout 1st stage, 1st phase, Bangalore-560072 have changed my name to Farheen Khan, affidavit dt 19.09.2024 Notary R Basavaraja, B.lore.

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Detours ahead: Plan your route

Major traffic diversions will be in place on Balagere-Panathur Main Road from Monday till October 21, due to the commencement of Bangalore Water Supply and Sewerage Board (BWSSB) culvert-laying work. The Whitefield Traffic Police have implemented alternative routes to ensure smooth traffic flow during this period.

There will be no vehicular movement from Panathur Road Under Bridge (RUB) towards Balagere. Commuters travelling towards Balagere will need to take Panathur Dinne Road, and Silver Oak Road, or proceed via Gunjur and Varthur as alternate routes.

The stretch from Balagere towards Panathur RUB will operate as a one-way road. Authorities have urged the public to follow the traffic arrangements and cooperate to avoid disruptions during the ongoing work.

For festival procession

In light of the Nadaprabhu Sri Kempegowda festival procession and assembly on Monday, the RT Nagar Traffic Police have announced several traffic diversions to ensure a smooth flow of traffic. The procession will travel from Ashwath Nagar to Nagashettyhalli Bus Stand between 5 pm and 9 pm.

Traffic diversions have been announced for BMTC buses too.

Buses travelling from Sanjaynagara Cross to Nagashettyhalli will be rerouted via Ashwathnagar Junction, Sanjaynagara Main Road, Bharat Petrol Bunk, 60 Feet Road, Kalpana Chawla Road, and Bhoopasandra Main Road to reach Bhoopasandra Bus Stand.

Similarly, buses from MS Ramaiah Hospital (80 Feet Road) to Nagashettyhalli will take the same route.

For buses heading to Hebbal K2 Bus Stand, the diversion will follow the same path but turn right onto Bhoopasandra Main Road.

Buses from Bhadrappa Layout to Sanjaynagara Cross will be diverted through Nagashettyhalli Main Road, Bhoopasandra Main Road, Kalpana Chawla Road, and 60 Feet Road.

Additionally, buses from K2 Bus Stop to Yeshwanthpur will pass through CEL Layout, 60 Feet Road, and Sanjaynagara Main Road.

These changes are aimed at ensuring smooth traffic flow during the procession, and commuters are requested to cooperate with the revised routes.

Memories of pristine lake marred by toxic fumes

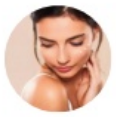
CONTINUED FROM PAGE 1

become a symbol of neglect and environmental degradation. "My family has relied on this lake for generations. Now, I wouldn't dare use its water for anything," shared Prakash, a farmer whose livelihood was once tied to the lake's health.

Local environmental activists have raised alarms about the ongoing pollution, urging government officials to take immediate action. "We must restore Veerasagara Lake to its former glory. It should not be a place of toxins and waste but a vital resource for the community. Despite the evident health risks and ecological damage, residents feel their pleas for help are unheard. We see trucks coming in and dumping waste regularly. It's shocking that this is happening in a city like Bengaluru, which prides itself on being a tech hub. If this continues, we'll be left with nothing but memories of a clean, beautiful lake," added Ramesh Gowda, a resident.

Gowda said that as the situation worsens, community members are increasingly organising awareness campaigns, demanding accountability and change. "We are not going to stay silent anymore. This is our home, and we deserve better. It's time for our voices to be heard," he said.

HEALTH TIP: Staying hydrated keeps the skin supple and improves its appearance



Watermelon, cucumbers, oranges, and strawberries are excellent choices for staying hydrated

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MIND, BODY & HEART

All you need to know about...

Video games can help

For PTSD symptoms
Dealing with post-traumatic stress disorder (PTSD)? A novel study has shown that playing video games can help lower symptoms of the condition, which can lead to terrifying nightmares and severe anxiety.

Reduces intrusive memories
The study, published in BMC Medicine, provides "scientifically controlled evidence that a single guided digital treatment session can reduce the number of intrusive memories".
It can also be used safely by patients, said the researchers from Uppsala University in Sweden.

Flashbacks
Unpleasant and intrusive memories of a traumatic event in the form of mental images or flashbacks are the hallmark symptoms of PTSD. Avoidance, excessive tension, and problems such as difficulty sleeping and concentrating are others.

Tetris treatment
The team monitored the intrusive memories of trauma in 164 participants for a week. While half the group were asked to play Tetris -- a video game --, the other half or the control group, were asked to listen to the radio.
At the heart of Tetris lies the concept known as mental rotation. When a participant looks at an object from one angle, the individual can imagine what it would look like if it were rotated to a different position and could be seen from a different angle.
Emily Holmes, professor at Uppsala University said just one guided treatment session showed positive effects, which shows "it is possible to reduce the frequency of unpleasant and intrusive memories of trauma".
Holmes said it was "surprising that the treatment method was so effective and that the improvement in symptoms lasted for six months".

—IANS

TASTE OF HOME

3 recipes that can warm your heart, satiate your belly

GHEE ROAST MASALA PANEER

INGREDIENTS
For Masala
- Byadgi Chilli 10 pcs
- Guntur Chilli 7 pcs
- Cumin whole 1 tsp
- Black pepper whole 1 tbsp
- Coriander seeds whole 1 tsp
- Garlic, peeled 10 cloves
- Ginger, roughly chopped 1 tbsp
- Poppy Seeds 1/2 tsp
- Cashew Nuts 1 tbsp

For Paneer
- Paneer 500 gm
- Corn flour 1/4th cup
- Oil 1 cup (for frying)

For Cooking Masala
- Ghee 5 tbsp
- Curry Leaves few leaves

Garnish
- Grated Coconut
- Fried Red Chillies
- Curry leaves fried

METHOD
Prepare the Masala:
- Begin by dry roasting the whole spices along with ginger and garlic in a pan.
- Once roasted, let them cool for a few minutes.
- After cooling, grind the roasted spices into a fine paste by adding water and oil.

Set this masala paste aside.
Fry the Paneer:
- Coat the paneer cubes in a mixture of cornflour and a pinch of salt.
- Heat oil in a pan and fry the coated paneer until they turn crispy and golden. Set aside.

Cooking the Masala:
- In a separate saucepan, heat ghee until it's hot.
- Add fresh curry leaves and sauté them until they release their aroma.
- Add the prepared masala paste to the pan and sauté until it thickens, and the oil separates from the mixture.
- Season with salt and cook until the masala is fully done.

Final Assembly:
- Add the fried paneer to the masala and mix gently to coat the paneer evenly with the masala.
- Serve hot, garnished with fried curry leaves, grated coconut and accompanied with onion slices and lemon wedges.

CHICKEN LEG MASALA

INGREDIENTS
- Chicken drumstick 8 no
- Oil ½ cup
- Onion, chopped 3 no medium
- Tomatoes, chopped 2 no medium
- Tomato puree 1 cup
- Fresh coconut paste 2 cup
- Garam masala 1 tbsp
- Salt to taste

Garnish
- Grated coconut
- Coriander spring

METHOD
- Heat oil in a saucepan over medium heat. Add the chopped onions and sauté until they are 50% cooked and beginning to turn golden.
- Add the chopped tomatoes and cook until the tomatoes are softened and begin to meld with the onions
- Stir in the tomato puree and continue to cook the mixture until the oil starts to separate from the mixture
- Add the coconut paste and garam masala powder to the saucepan. Cook the mixture further until the oil rises to the surface, indicating that the spices and coconut paste have blended well.
- Add the chicken drumsticks to the sauce. Cook, turning occasionally, until the chicken is thoroughly cooked and tender.
- Once the chicken is cooked through and the sauce has thickened, remove from heat. Garnish with grated coconut and coriander sprig before serving hot.

Chef Saurabh Arora, Head Chef - South at Impresario Entertainment & Hospitality Pvt. Ltd

MUTUR MATTER GURU

INGREDIENTS
- Green peas 600 gm

For Spice Mix
- Red chilli powder 2 tsp
- Black pepper powder 1 tsp
- Chat masala 2 tsp
- Salt to taste

For Green Peas Fry
- Oil 1 cup (frying)
- Garlic cloves with skin 15 to 20 cloves
- Green chillies, slit lengthwise 12 to 15
- Garnish
- Lemon wedges

METHOD
Boil the Green Peas:
- Begin by boiling the green peas in salted water until tender. Drain and set aside.

Prepare the Spice Mix:
- In a bowl combine all the dry spices and salt. Stir well to blend all the spices together.

Fry the Green Peas:
- Heat oil in a pan over medium heat. Add the boiled green peas and fry until they become crispy and golden brown.
- Add crushed whole garlic cloves and sliced green chilies to the pan. Continue frying until the garlic becomes slightly crisp.
- Toss in the curry leaves and cook for an additional minute, allowing the flavors to mix.

Season and Serve:
- Transfer the fried peas to a bowl. Sprinkle the prepared spice mix over them and toss well to coat evenly.
- Serve hot with fresh lemon wedges on the side.

Parvin Dabas injured — Parvin Dabas, actor known for Khosla ka Ghosla, is in the ICU of a Mumbai hospital following a car accident

COOKING UP A STORM

Janhvi dishes out some zero cal pasta for costar

Janhvi Kapoor is undoubtedly one of the most promising actors in Indian cinema today. But looks like there are many facets to her beyond acting! The young actress recently flaunted her culinary skills, and the internet is going gaga over it.

Janhvi Kapoor, who is currently shooting for her upcoming film 'Sunny Sanskari Ki Tulsi Kumari', turned a master chef for her co-star Rohit Saraf. Yes, she unleashed her inner Gordon Ramsay (only in terms of the delicious food) and made pasta for her co-star. Wondering what's so special about it? Wait, here's the catch!

It's apparently zero Kcal!

Rohit Saraf recently dropped a video of Janhvi Kapoor cooking pasta. In the video, she is seen eagerly preparing the sauce in a pan while another pot boils the pasta! Engrossed in cooking, the actress sported an oversized T-shirt and pajamas.

Rohit Saraf shared the video on Instagram and also penned a heartfelt note, that reads, "Appreciation post for Janhvi Kapoor, who fed me the best pasta I've had in months and claims it was zero Kcals. Utterly delusional but worth the damage!!"

'Sunny Sanskari Ki Tulsi Kumar' is directed by Shashank Khaitan. The upcoming Hindi film features Janhvi Kapoor, Varun Dhawan, Rohit Saraf, and Sanya Malhotra in the lead roles. 'Sunny Sanskari Ki Tulsi Kumar' also

marks Janhvi and Varun's second collaboration, after 'Bawaal'. On the big screen, Janhvi Kapoor will be next seen in 'Devara: Part 1' alongside Jr NTR. Rohit Saraf, on the other hand, was last seen in 'Ishq Vishk Rebound'. **—ETimes**

Scenes from a wedding

Actress Samantha Ruth Prabhu celebrated a special family moment as she attended her elder brother David's wedding in the picturesque setting of Lake Geneva, Wisconsin.

Sharing heartfelt pictures on social media, Samantha captured the joy of the occasion alongside her family, including a beautiful moment with her mother, Ninette Prabhu.

Taking to Instagram, Samantha delighted her 35.8 million followers with a series of stunning photos from her brother David's wedding. Dressed in a purple sleeveless gown featuring a thigh-high slit, she embraced a minimalist makeup look, letting her hair flow elegantly.

The picturesque backdrop of Lake Geneva provided a perfect setting as she posed with vibrant flowers, exuding joy and warmth. One charming snapshot featured a welcoming board that read, "We are so glad you're here… David and Nicole… Welcome to our wedding," capturing the essence of the celebration as Samantha enjoyed precious moments with her family and friends.

In the caption, she posted a white heart and sparkle emoji, and wrote: "family" **—IANS**

A moving love story

DHRUVATHAARE
2.5 RATING ★★½☆☆
- **DIRECTOR** Pratheek
- **ACTORS** Pratheek, Moulya Shree, Karthik Mahesh, Ashwin Rao Pallakki, Ramesh Bhat, PD Satish Chandra
- **CERTIFICATION** U/A
- **Duration** 165 minutes

Pratheek, who has worked as an editor for a few Kannada movies, has selected a good script that can melt viewers' hearts, for his directorial. Pratheek has also written the script for the movie, edited it and he also plays the lead.

The movie begins with Apoorva aka Appu (Moulya Shree) getting chided by her mother (Prabhavathi) for being lazy. The movie revolves around Apoorva, who is trying to keep her ex-boyfriend Sanjay (Karthik Mahesh) at an arm's length, and Parivarthan aka Pari (Pratheek), who is scared due to a failed relationship with Samyama (Sangeetha Narayan). In a peculiar situation, Apoorva happens to meet Parivarthan. She initially hates him for being drunk, but later becomes close to him. Later they get married but Apoorva is diagnosed with Alzheimer's. What happens to her is what the movie Dhruvathaare is all about.

Pratheek has handled the megaphone with aplomb. He is convincing as a heart-broken young man and an affectionate husband. He has to improve his dialogue delivery though. Moulya Shree walks away with all honours for her sterling performance. Her acting in the climax makes audiences sympathise with her character. Veteran character artiste Ramesh Bhat is convincing as a doctor. Master Samay has acted well.

Music director Suraj Jois has given lilting music and Chandan Naika has done a good job behind the camera.

All in all, the movie is worth a watch for families.

—Y Maheswara Reddy

Tradition vs. modernity

LANGOTI MAN
2.5 RATING ★★½☆☆
- **DIRECTOR** Sanjotha
- **ACTORS** Akash Rambo, Sneha Kushi, Samhita Vinya, Dheerendra S, Sai Pavan Kumar, and Huli Karthik
- **CERTIFICATION** U/A
- **Duration** 165 minutes

Langoti Man is Sanjotha's second movie as a director after Mirchi Mandakki Chai that was released a decade ago. She deserves appreciation for choosing a unique subject that shows how youths from a community are desperate to liberate themselves from age-old practice of wearing kaupina (loincloth) and eager to wear modern underwear.

The movie revolves around Thathachar (Dheerendra S) and his grandson Theerthakumar (Akash Rambo). While Thathachar is particular about wearing loincloth, Theerthakumar hates to follow the tradition and craves for expensive branded underwear, including imported underwear. Theerthakumar hates loincloth for this reason – an unfortunate incident took place during his childhood where his friends remove his loincloth to keep stolen mangoes. He used to get his father's support whenever his grandfather insisted that he wear a loincloth. After his father passes away, he has no option but follow his grandfather's advice.

Meanwhile, he happens to meet Nabha (Sneha Kushi), the daughter of a police inspector. Nabha accidentally drops her mobile phone into a water sump. As he tries to retrieve it, she gives him a compliment because of which he starts falling for her. What happens to them and his struggle to come clean out of a criminal case is what Langoti Man is all about.

As far as the performances of the actors are concerned, Akash Rambo had excelled as Theerthakumar. Sneha Kushi, as a fashionista, is convincing. Dheerendra S, as a traditional priest, has acted well. A few dialogues

between the grandfather and the grandson are not apt in a movie meant for family audiences. The other problems of this movie are its runtime and subplots.

Had the director reduced the run time by 20 to 25 minutes and avoided unnecessary subplots, the movie would have been good entertainment.

—Y Maheswara Reddy

The big ego clash

Katy talks about 'hot and fast' arguments with partner Orlando

Singer-songwriter Katy Perry has opined that she and her partner, Orlando Bloom are very "loud", and are filled with energy. She also confessed that they have "hot and fast" arguments.

The singer, 39, is engaged to Hollywood star Orlando Bloom, and they also share four-year-old daughter Daisy, reports 'Mirror.co.uk'. They first began dating in January 2016 and briefly split a year later before rekindling their romance in March 2018.

As per 'Mirror.co.uk', when opening up on the energy in the household, the singer confessed she calls the clan the "chaos crew". She Apple Music's Zane Lowe while promoting her latest album titled 143, "We are a loud family. We are fire fire fire".

Touching on their arguments in their relationship, Katy said, "Orlando and I, when we argue, we argue kinda hot and fast and then cool really quickly. It's like, 'La la la la la, I love you. Alright, let's move on".

She also spoke about the "ego" they both have as she opened up on her man's energy as a romantic partner. "He's a real sage", she began. "We both have parts of ourselves. There's two parts of us, our highest good, and then our carnal, material self. Ego. When the ego is running the show, then it's like, 'Whoa.' But when that's in check, then we're both something else". Katy admitted both hers and Orlando's personality is already showing through in their daughter. She revealed the youngster is "a product of both parents being very bold", as she revealed the tot is not a shy child. Daisy made her singing debut on the latest track released by Katy. While she may only be four-years-old, she showed she is ready for the limelight as she appeared on her mum's seventh studio album.

—IANS

PVR - INOX CINEMAS {DIRECTORS CUT, FORUM REX WALK, 12:10, 5:15 p.m. | NEXUS FORUM MALL, KORMANGALA, 2:20, 9:15 p.m. | ORION MALL, YESHWANTPUR, 2:40 p.m. | VAISHNAVI SAPPHIRE MALL, TUMKUR ROAD, 10:35, 4:10 p.m. | VEGA CITY MALL | MSR REGALIA, 10:15 p.m. | PHOENIX MARKET CITY, K.R. PURAM, 10:30, 7:55 p.m. | BHARTIYA CITY, 7:05 p.m. | VR MALL, WHITEFIELD ROAD, 1:20, 8:05 p.m. | SUPERPLEX FALCON CITY, 3:45, 10:30 p.m. | MANTRI MALL, 12:40, 7:00 p.m. | GARUDA MALL, 7:55 p.m. | GALLERIA MALL, RMZ YELAHANKA, 9:50, 4:00 p.m. | SBR HORIZON, SEEGEHALLI, 9:30, 10:00 p.m. | VALUE NEIGHBOURHOOD MALL, WHITEFIELD, 10:15, 7:35 p.m.} | CINEPOLIS CINEMAS {ROYAL MEENAKSHI MALL, 11:15, 7:25 p.m. | ETA MALL, BINNY MILL, 12:00, 8:00 p.m. | EAST ORION MALL, 1:55, 7:15 p.m. | SHANTINIKETAN, 11:00, 8:00 p.m. | SJR SPECTRUM MALL, 10:40, 10:15 p.m. | LULU MALL (TRD), 10:40, 10:20 p.m. | LULU MALL (VIP), 4:40 p.m.} | GOPALAN CINEMAS {SIGNATURE MALL, 10:30, 5:30 p.m. | INNOVATION MALL, 10:15, 5:15 p.m. | LEGACY MALL, 12:0, 7:45 p.m.} | INNOVATIVE {MARATHHALLI, 5:00, 10:30 p.m.} | CINEPHILE {HSR LAYOUT, 11:40, 6:15 p.m.} | PVR - INOX CINEMAS {FORUM MALL, MYSORE, 10:05, 10:00 p.m. | SATYAM MALL, MYSORE, 2:40 p.m.} | CINEPOLIS CINEMAS {MANGALORE, 10:45, 6:55 p.m.} | BHARATH CINEMAS {MANGALORE, 1:00 p.m. | MANIPAL | SHIMOGA, 10:45, 6:00 p.m.} | DRC CINEMAS {MYSORE, 7:15 p.m.}.

FARNAZ

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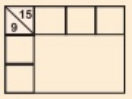
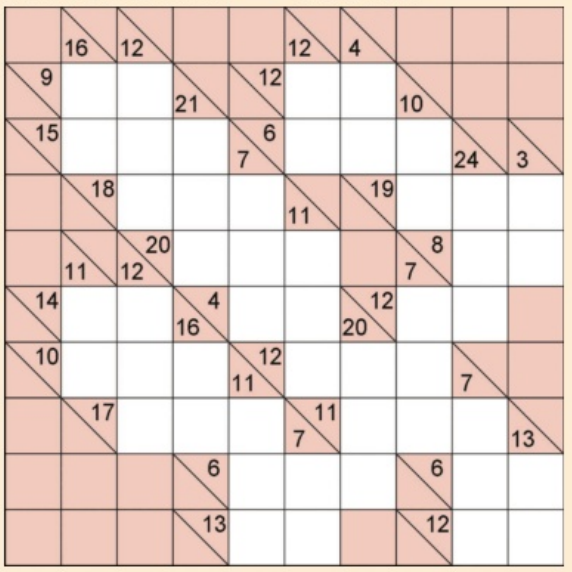
Kakuro

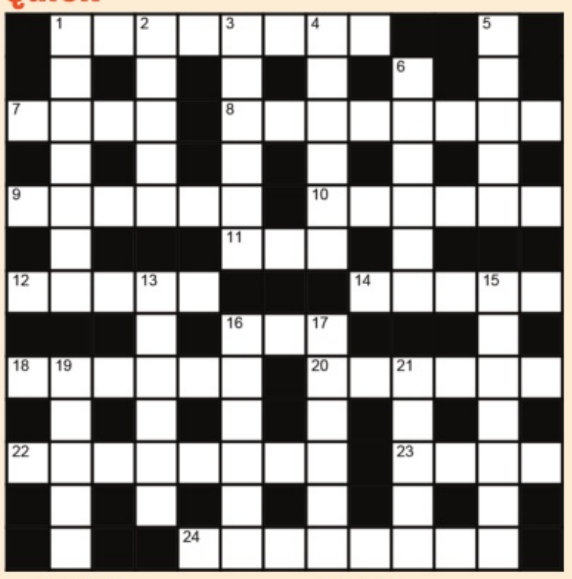
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Newspaper excerpt (8)
7 Determination (4)
8 Six hundred minutes to you? (3,5)
9 Move about briskly (6)
10 Tittle-tattle (6)
11 Owed (3)
12 SF writer Asimov (5)
14 Sign of subtraction (5)
16 To cry bitterly (3)
18 Chest of drawers (6)
20 Sawn or split wood (6)
22 Small kitchen measure (8)
23 Praise (4)
24 Kernel case (8)

DOWN

1 Coteries (7)
2 Small piece of land (5)
3 Touched lightly (6)
4 Period of immaturity (6)
5 Indian Zoroastrian (5)
6 Japanese plant growing art (6)
13 Opposed to (6)
15 Disparate (7)
16 Japanese number puzzle (6)
17 Screens off or cuts out (6)
19 Made __ __ : employed ? (3,2)
21 Beach near Udupi (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS G

B'K LDBOBJS W FVVE. B'QZ SVO OAZ GWSZ JYKFZDN IVJZ.

Linemaro

Do you know the square root of 81? (She says nine) Oh, then you're not just a pretty face

Mindchow

People demand freedom of speech as a compensation for the freedom of thought which they seldom use.

Joke of the day

I put my root beer in a square cup... Now it is just beer

Loop

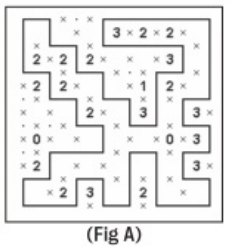
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

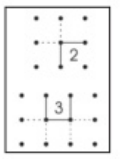
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

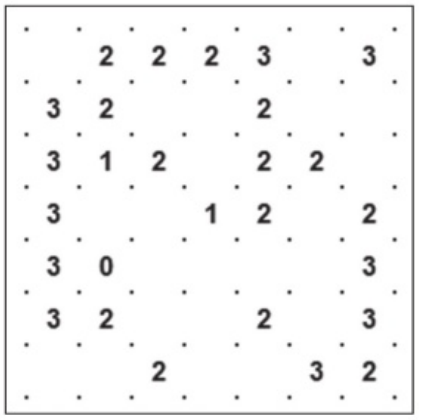
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



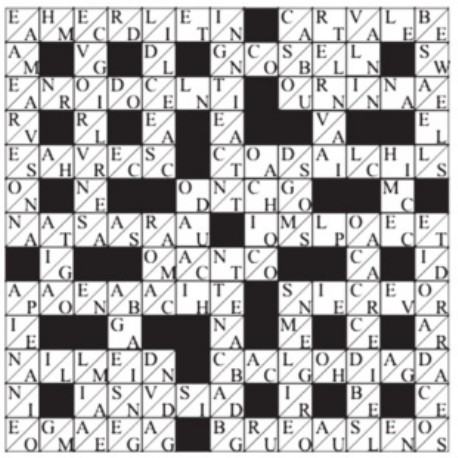
(Fig A)



(Fig B) Not Allowed



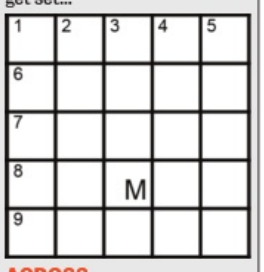
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Tsars; 6 There; 7 A hoar; 8 I'm leg; 9 Spasm

DOWN

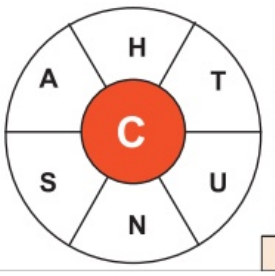
1 St gas; 2 Hit RP; 3 Ra Mao; 4 Her me; 5 Sales

Mensapuzzle

Solve this rebus:

School Staying

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

SudokuChallenge

				8				
1					5	6	4	
	5	7	2			9		8
	3				9	8		
	8	9				4	2	
		2	6				9	
6		1			2	7	8	
	4	5	7					2
				6				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 25

3 6 7 9

Medium = 8

2 2 5 7

Hard = 20

2 5 9 3

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. There is more smoke. 2. Sleeve is shorter. 3. Mouth is open. 4. Cup is moved. 5. Front of apron is lower. 6. Window is not as wide.

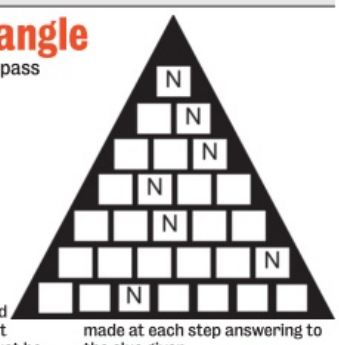
Riddler

Can you figure out the missing number?

9 6 7 5 9 8 3 4 4 4 3 ?

Alpha triangle

1 North on the compass
2 Not out
3 Cacophony
4 Author Blyton
5 Had a meal
6 Ordered (to)
7 Exchange blows



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
WE INTERRUPT THIS PROGRAM FOR A PUBLIC SERVICE ANNOUNCEMENT: THERE IS NOTHING GOOD ON TV TONIGHT. PUT DOWN THE REMOTE, STAND UP, AND GO DO SOMETHING. YOU HEARD ME, IT'S TIME TO GET A LIFE! NOW!!!
"Now that we've had a sufficient cooling-off period, let's finish that argument we started in 1973."
"I'll be gone for a few weeks. My boss is sending a bunch of us to coffee-and-donut rehab."
"Reader's Digest gave me $400! My boss sent them my expense report for their humor page."
"I actually weigh less now than I did in 1965, if you adjust for inflation."
BABY BLUES
BY RICK KIRKMAN & JERRY SCOTT
AND THEN THE BUTTERED LEPRECHAUN SLOWLY SLID...
KNOCK! KNOCK!
HOW ARE YOU TWO DOING IN THERE?
ALL GOOD.
WE'RE ALMOST FINISHED WITH THIS POTTY-TRAINING PRACTICE SESSION.
SHE'S USING THE TRAINING SEAT, RIGHT?
OH, YEAH. I WON'T MAKE THAT MISTAKE AGAIN.
I'LL NEVER LIVE DOWN THE GREAT ZOE SPLASHDOWN OF-
I'M STILL MAD ABOUT THAT, DAD!
RRRAAA
AHHHRR!!
FLASH GORDON
...WITH A HUNGER UNFATHOMABLE!
I'M RIGHT IN ITS PATH!
WAIT, THERE'S THE AMULET THAT SUMMONED IT!
WITH THE FRAME TO THE MYSTICAL MIRROR SHATTERED, THE DARK VOID HAS NOTHING TO CONTAIN IT! AND THE CREATURE HELD WITHIN FOR EONS EMERGES...
GO FETCH!
BY TAO, NO!
AIEEEEE!!
KARA!
THE CREATURE'S ON A RAMPAGE!
MY ONLY MEANS OF ESCAPE BLOCKED!
THERE'S NO WAY OUT!
NEXT: TO FACE A DEMON!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be happy and may have mental peace. You are likely to be busy with friends and family. You may enjoy your domestic life, and bonding with your spouse may likely increase, which may maintain domestic harmony. There may be a new partnership in the business. Innovations may help your business to grow.

Taurus Apr 21 – May 20
Today you may begin your day with positive thinking. You might be in strong positions over your opponents and discover hidden enemies. Your seniors may praise your work and you may get new responsibilities in terms of promotions. Students are blessed by the moon, which may show them the right path to choose good careers.

Gemini May 21 – Jun 21
Today, you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may go ahead towards their aim in terms of career.

Cancer Jun 22 – July 23
Today, you may have many options, which may make you confused. You may decide to visit your elders to consult them, before taking any important decision. Your past karma may show you the right path to take the right decision in terms of work and domestic life. Today you should be careful of your parent's health.

Leo Jul 24 – Aug 23
Today your business plans may likely be successful with the support of your subordinates. You may have short travels in terms of business, which will give you benefits shortly. You may be involved in social and family get-togethers, which may increase your social network.

Virgo Aug 24 – Sep 23
Today is a good day for gains. You may make good plans to get good gains from your investments. You may likely save money by avoiding spending on unnecessary things. Love birds may be busy with family functions.

Libra Sep 24 – Oct 22
Today, you may be busy with issues related to siblings and relatives. You may expect support at work, which may help you run your work smoothly. Your network may help you to complete your task successfully. You may plan to start a new venture with the help of your siblings and network. There may be smart gains after little effort.

Scorpio Oct 23 – Nov 22
Today, you may have dull feelings, which may affect your health and you may not get results from your professional meetings. You may have a feeling of a waste of time. From the late evening, disappointments may convert into happiness. You are advised to avoid rash driving or adventure tours.

Sagittarius Nov 23 – Dec 22
Today is a good day. On the business front, you may get new clients, which will be helpful in the growth in terms of profits. Singles are likely to find a good match. In domestic life, you must avoid hiding anything from your spouse otherwise it will create a gap between your relationship. The job seeker may likely get a new job, there are chances of promotions in the current job.

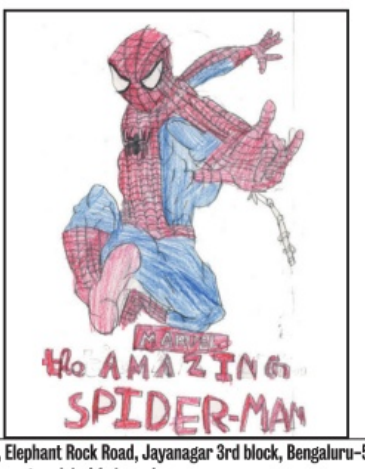
Capricorn Dec 23 – Jan 20
Today with the help of your strong network you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life, and there may be a good understanding between you and your spouse. Natives related to metal, booking agents will do better.

Aquarius Jan 21 – Feb 19
Today you are more religious, you may plan to visit a religious place to find peace of mind. You may donate an amount to charity or a spiritual place. People around you may get help and support from you, in terms of finance or moral support. You may enjoy every moment with satisfaction and patience.

Pisces Feb 20 – Mar 20
Today, you may have a dull feeling. You are advised to control your short temper. Your focus is tested many times, and you should try to avoid scattering towards your goals. So it is advised not to invest in worthless things. Love birds are advised to avoid making arguments on worthless topics.

KIDZONE

Adithya, Bengaluru



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SOLUTIONS

SOLVE IN 1M
= ∛(128/16)].√(72/8)
= [∛8].√9
= [∛8].3
= 2.3
= 8

QUOTE UNCODE
I'm writing a book. I've got the page numbers done.

STRIKE OUT

E	M	E	R	I	T	I	A	T	A	L	E	W		
M	V	D	N	O	B	E	L	L						
E	R	O	D	E	N	T		U	R	I	N	E		
R	L		A		A							L		
S	A	V	E	S		C	O	D	I	C	I	L		
O		E		O	T	H	O			C				
N	A	S	S	A	U		I	M	P	A	C	T		
	G		O	C	T	O			C		I			
P	A	N	A	C	H	E		N	I	C	E	R		
I		G		A		E		E		A				
A	L	L	I	N		B	A	G	H	D	A	D		
N		I	N	D	I	A		R		E		E		
O	M	E	G	A		G	R	O	U	S	E	S		

FAST FIVE

S	T	A	R	S
T	H	R	E	E
A	R	O	H	A
G	I	M	E	L
S	P	A	M	S

RIDDLER
7 (4×4 = 16, 1+6 = 7)

BULL'S EYE
staying after school

cant, cash, cast, chant, chat, scan, scant, scat, snatch, stanch, STAUNCH, such

MENSA PUZZLE

QUICK

C	L	I	P	P	I	N	G		A	T	A	L	E	
L		S		A		O		B		E		L		W
O		E		K		P		A		N		S		
W	I	L	L		T	E	N	H	O	U	R	S		
		E		T		A		N		S				
B	U	S	T	L	E		G	O	S	S	I	P		
		E		D	U	E								
I	S	A	A	C		M	I	N	U	S				
		V		S	O	B				N				
B	U	R	E	A	U		L	U	M	B	E	R		
S		R		D		A		A		Q				
T	E	A	S	P	O	O	N		L	A	U	D		
O		K		K		P		A						
F		N	U	T	S	H	E	L	L					

STAUNCH

SUDOKU

2	7	3	8	6	4	1	5	9
8	4	5	7	9	1	3	6	2
6	9	1	3	5	2	7	8	4
4	1	2	6	7	8	5	9	3
7	8	9	5	1	3	4	2	6
5	3	6	4	2	9	8	7	1
3	5	7	2	4	6	9	1	8
1	2	8	9	3	5	6	4	7
9	6	4	1	8	7	2	3	5

ALPHA TRIANGLE
N, In, Din, Enid, Dined, Bidden, Bandied.

GO FIGURE
Easy
7 + 3 + 9 + 6 = 25
Medium
7 – 5 + 2 × 2 = 8
Hard
9 × 2 + 5 – 3 = 20

LOOP

KAKURO

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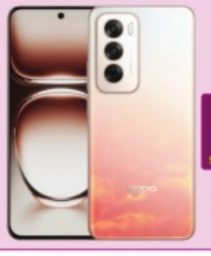

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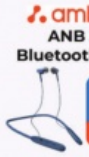

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